

Assessments

AR 350-41 says that the purpose of physical fitness testing is to give soldiers an incentive to stay in good physical condition and allow commanders a means of assessing the general fitness levels of their units. The intent of the APFT is to provide an assessment of the physical fitness training program. It was designed to ensure a base level of physical fitness essential for every soldier in the Army, regardless of MOS or duty assignment. One of the advantages of the current APFT is that it is easy to administer. Unfortunately, it has formed the foundation of many unit and/or individual training programs. Performance on the APFT does not relate to a soldier's ability to perform his job or to a unit's readiness to perform their mission. Units and/or individuals also need to assess anaerobic and aerobic endurance, strength, flexibility, and motor efficiency (agility, speed, power, balance, and coordination). Unit programs then must be designed to raise the level of conditioning to meet or exceed mission-related physical performance requirements. Commanders must conduct physical fitness programs that enhance soldiers' ability to complete critical soldier or leader tasks that support the unit's METL. Preparation for the APFT is of secondary importance. Here are two performance oriented test batteries that you can use to assess individual or unit fitness levels.



The SAFE (strength, agility, flexibility, and endurance) Test is a series of ten events taken with little rest between. They can be peer-graded. Two attempts are allowed for each event. If the soldier successfully completes an event to standard on the first try, two points are awarded for that event. Success on the second try is awarded one point for the event. No points are awarded if the event cannot be completed to standard. The top score is 20 and the lowest score is zero. The following scoring table can be used to grade your overall score:

Scoring Table:

17-20	Excellent
13-16	Good
9-12	Fair
5-8	Poor
0-4	Very Poor

To administer the SAFE Test you will need scoresheets, pens, stopwatches, and rulers.

1. SQUAT STAND

(balance)

Assume a squatting position, with your palms flat on the ground and your arms between your bent legs so that your elbows are touching your legs just below your knees. Now tip forward, put the full weight of your body on your arms and hands, and lift yourself so that your toes are off the floor and your body is balanced on your hands. Keep the lower legs approximately parallel to the ground. (As you tip forward, you will find it necessary to rest your legs on your elbows.)

STANDARD: Hold this balancing position for 20 seconds.



2. EXTENSION PRESS UP

(strength)

Lie face downward.

With your arms extended forward full length, your elbows and knees rigid, lift your body by pressing down on your palms, until you are balanced on your hands and your toes. Men cannot rise up to the elbows first and then to the complete up position.

STANDARD (men):

Raise your abdomen four inches from the ground and hold this position for ten seconds. **(Women)** should use forearms instead of palms; raise abdomen four inches from the ground and hold position for 20 seconds.



3. **PARTNER LIFT**

(strength)

Select a partner who weighs within 10 pounds of what you weigh, lift him, and balance him across your shoulders. Starting position for the partner is lying on his back. The partner cannot help in any way. Starting position for the lifter is the straddle position. Stand upright with back straight and arms at side, straddling your partner's waist **STANDARD:** You must perform the lift within 10 seconds.



4. **V-SIT**

(endurance)

Sit on the floor with your trunk straight upright, legs outstretched, knees stiff, and hands on your hips. Then lean back so that your legs come off the floor. Keep your back straight. Keep your knees rigid with feet together. **STANDARD:** Hold V-position for 60 seconds.



5. KNEEL UP

(agility)

Go from a kneeling position to a standing position without any steps or loss of balance.

STANDARD: From a kneeling position, with the soles of your feet up and your arms stretched forward from the shoulders, swing arms back and then upward (keep back straight), jump to a squat and then come to a standing position, holding your balance. Both feet must come up together, and no extra steps can be taken in the recovery.



6. STANDING BROAD JUMP

(power)

Start with feet shoulder width apart with arms at your side. Do a standing broad jump. Do not take a running start. **STANDARD:** The length of your jump should at least equal your height. Measure from the starting line to the point closest to the starting position where the body touches the ground.



7. DYING ROACH

(endurance)

Lying on your back, raise your legs and arms perpendicular to the ground. Keep the knees straight, feet flat, and legs together. Arms should be shoulder distance apart. Palms are facing each other with fingers and thumb extended and joined. Keep your head on the ground with your chin tucked. **STANDARD:** Hold this position for two minutes.



8. TOE TOUCH

(flexibility)

Sit on the ground with feet together and legs fully extended. Lean forward and grasp the toes, keeping the knees straight. **STANDARD:** Hold this position for thirty seconds.



9. BODY ARCH

(flexibility)

Lie face down with feet together; place the palms of your hands shoulder width apart with your forearms perpendicular to the ground. Push your upper body up while letting your lower body relax (attempting to keep your hip bone in contact with the ground) until your arms are fully extended. **STANDARD:** Hips must be within two inches or less off the ground.



10. FORWARD ROLLS

(agility)

STANDARD: Do three forward rolls in succession without help from a spotter as described in the military gymnastics section. End the series in a balanced crouched position.



MAINTAIN THE STANDARD!

Scoring Table:

17-20	Excellent
13-16	Good
9-12	Fair
5-8	Poor
0-4	Very Poor

Send us your scores with the following information: age, gender, MOS, branch (Army, Navy, Air Force, etc.), and component (ARNG, USAR, RA) in an MS-Excel file.

The following World War II era Physical Readiness Test is copied from the 1946 FM 21-20:

I. VALUES OF PHYSICAL FITNESS TESTING.

- a. The results of the physical fitness test enable the physical training instructors to ascertain the physical condition of the men at the time tested. At the beginning of the program of training, this enables the instructors to determine how intense a program of physical conditioning is necessary.
- b. Tests serve the instructor as a means of measuring the progress of his unit and of evaluating the effectiveness of the training.
- c. Tests serve to indicate to the instructor the specific needs and deficiencies of individual men who may require special instruction or corrective work.
- d. Tests motivate the men to improve their physical condition. Frequently men do not realize what poor condition they are in. When the tests reveal their deficiencies, they are much more receptive to an intensive physical training program in order to remedy their shortcomings.
- e. Tests frequently lead to an intensification of the physical training program by revealing to the commanding officers the poor condition of their men.

II. CRITERIA FOR SELECTING TEST EVENTS.

- a. For military purposes, tests selected should measure the various factors in physical fitness which are essential to military fitness. The most important of these are muscular strength, muscular endurance, circulo-respiratory endurance, agility, and coordination.
- b. Test events should be selected which require a minimum of equipment. Necessary equipment must be easy to procure and set up.
- c. Test events should be capable of administration with a maximum economy of time.
- d. Test events which are dangerous to the unskilled or poorly conditioned men should not be included.
- e. Test events used should depend as little as possible upon previously learned skills. The purpose of physical fitness tests is to measure the various components of physical fitness, not to measure acquired skills.
- f. Test events should be such as can be scored on a point table. When tests are scored with points, men are strongly motivated to improve their scores.
- g. The test in its entirety should be such as to distinguish clearly between the fit and unfit individuals. Test results obtained from fit groups should be consistently better than those obtained from poorer groups.

III. TEST BATTERY. Two batteries of test events which adequately meet the criteria in paragraph II are listed below. The first battery is recommended when the test can be administered on a dry, level field which is of sufficient size to conduct the 300-yard run. The second battery, which is used when testing cannot be done outdoors, is identical with the first

except for the last event and its alternate which are indicated below as 5A and 5A(1). (See par. V.)

OUTDOOR TESTS	INDOOR TESTS
1. Pullups	1. Pullups
2. Squat Jumps	2. Squat Jumps
3. Pushups	3. Pushups
4. Situps	4. Situps
5. 300-yard Run	5A. Indoor Shuttle Run
	5A(1). 60-Second Squat Thrusts

IV. PREPARING MEN FOR TESTING.

a. The men should be given seven or eight periods of physical training before they are tested. This procedure will reduce injuries and will provide opportunity for teaching the men the correct form for executing various test events. Care must be taken that the men are not handicapped by muscular stiffness and soreness when they take the tests.

b. In the physical training program, much stress is placed upon running. Frequently, however, this type of running is purely the usual military double timing which is adapted to economy of effort, but not to speed. Therefore, the men should, in addition, be given the instruction and practice in sprint running.

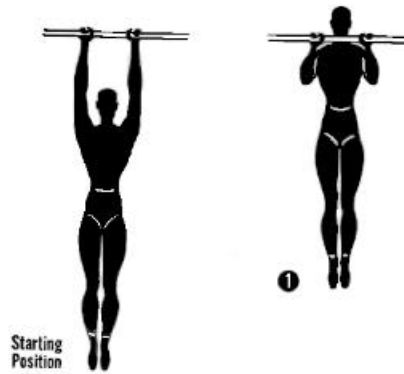
V. RULES GOVERNING TESTS. The first four tests below are part of both the indoor and outdoor batteries described in paragraph III. Test 5 completes the outdoor battery. Test 5A or its alternate, Test 5A(1), completes the indoor battery.

TEST 1: PULLUPS

This event requires a horizontal bar. This may be made of a pipe or gymnasium horizontal bar, or other rigid horizontal support which is not over 1½ inches in diameter. The bar should be high enough to permit the performer to hang at full length without touching the ground. A height of 7 feet, 9 inches to 8 feet is recommended.

Starting Position. Hanging at full length from the bar with arms straight. The forward grasp is used with the palms turned away from the face.

Movement. Pull up until the chin is above the level of the bar. Then lower the body until elbows are completely straight. Continue for as many repetitions as possible.



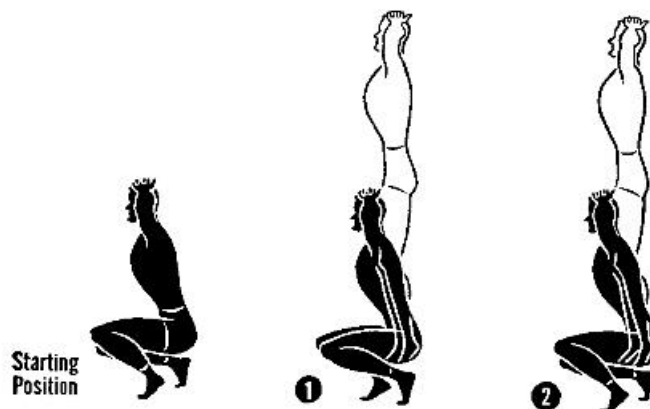
Instructions. The men should be told that it is permissible to raise the legs and flex the hips when pulling up but not to kick or execute a jerking motion with trunk or legs. The body must be kept from swinging. The chin must be raised above the bar. The arms must be completely straight at the bottom of the movement.

Administration and Scoring. Each time the performer pulls his chin above the bar in correct form, he is given credit for one pullup. He is not credited with a pullup if he fails to raise his chin above the level of the bar or if he stops to rest. If the performer does not straighten his arms at the bottom of a movement, if he kicks or jerks, only half a pullup will be counted. If there are four half-pullups, the performer should be stopped and retested later. If the performer starts to swing, the judge should stop the swinging with his hands. Some such aid as a resin-bag or a cake of magnesium carbonate should be available to prevent the hands from slipping.

TEST 2: SQUAT JUMPS

Starting Position. Squatting on right heel with fingers laced on top of head, palms down. The feet are 4 to 6 inches apart with the heel of the left foot on a line with the toes of the right foot.

Movement. Spring upward until both knees are straight and both feet clear the ground. Jump just enough to permit straightening the knees without touching the ground. Do not jump any higher than necessary to accomplish this purpose. Keep the upper body fairly erect while off the ground, reverse the position of the feet bringing the right foot in front. Then drop to a squat on the left heel. Spring up again and continue for as many repetitions as possible.



Instructions. The men should be told that the most common errors are: getting the feet too far apart, forward and backward, and failing to squat down on the rear heel. The correct position should be demonstrated clearly, and the men should be given sufficient practice to master it. The action must be continuous throughout. Before beginning the event, the men should be told that it requires courage almost to the same extent as it requires strength and endurance and that they should not give up until they cannot make another movement.

Administration and Scoring. The performer is credited with one squat jump each time he springs up from the squat to the erect position and returns. The movement is not scored if he fails to descend to a complete squat, if he does not straighten his legs completely and reverse his feet while he is in the air, if he removes his hand from his head, or if he discontinues the movement and comes to a stop. If he loses his balance and removes a hand from his head momentarily, or falls but immediately recovers and continues, he shall not be penalized. If the performer gets his feet too far apart but comes to a squat on the rear foot, there is no penalty. Some men cannot squat all the way down on the heel. If they go down as far as possible they should not be penalized.

TEST 3: PUSHUPS

Starting Position. The performer assumes the front leaning rest position with the body straight from head to heels. His palms are directly underneath the shoulders and elbows are straight. The judge sits on the ground beside the performer, with one palm down on the ground underneath the lowest part of the performer's chest.

Movement. Lower body until chest touches the ground (in informal practice), or touches the hand of the judge (in formal testing). Return to the original position by straightening elbows. Keep the entire body in a straight line throughout. Repeat as many times as possible.



Instructions. The performer is told: that the arms must be straight at the start and completion of the movement; that the chest must touch the judge's hand; and that the stomach, thighs, or legs must not touch the floor. He is also told that the whole body must be kept straight as he pushes the shoulders upward; that is, the shoulders should not be raised first, and then the hips or vice versa. The judge uses his free hand to guide the man in case he is raising his hips too much or raising his shoulders first. In the first instance, he taps the man on the top of the hips to straighten them out; in the second case he taps underneath the abdomen to make him raise his abdomen with the same speed as his shoulders.

Administration and Scoring. The performer is credited with one pushup each time his arms are completely straightened and the exercise is performed in acceptable form. There is no penalty for the hips being slightly out of line if the whole body is moving upward at about the same speed. The men may proceed but may not stop to rest. If a man violates any of the instructions given above, he is credited with a half-pushup.

TEST 4: SITUPS

Starting Position. Performer lies on his back with knees straight, feet approximately 18 inches apart and fingers laced behind head. The scorer kneels on the ground at the performer's feet and presses the performer's ankles firmly down against the ground.

Movement. Raise upper body rotating it somewhat to the left, and then forward far enough to touch the right elbow to the left knee. The knees may bend slightly when sitting up. Lower the body until the back again touches the ground. Again sit up, but this time rotate the trunk to the right and touch left elbow to the right knee. Again lower the body until the back touches the ground. Perform as many situps as possible in two minutes. Rest pauses are permitted during the test but count toward the 2-minute period.



Instructions. The performer should be warned that he must keep his knees straight until he starts to sit up; that he must touch his knee with the opposite elbow; and that he may not push up from the ground with his elbow.

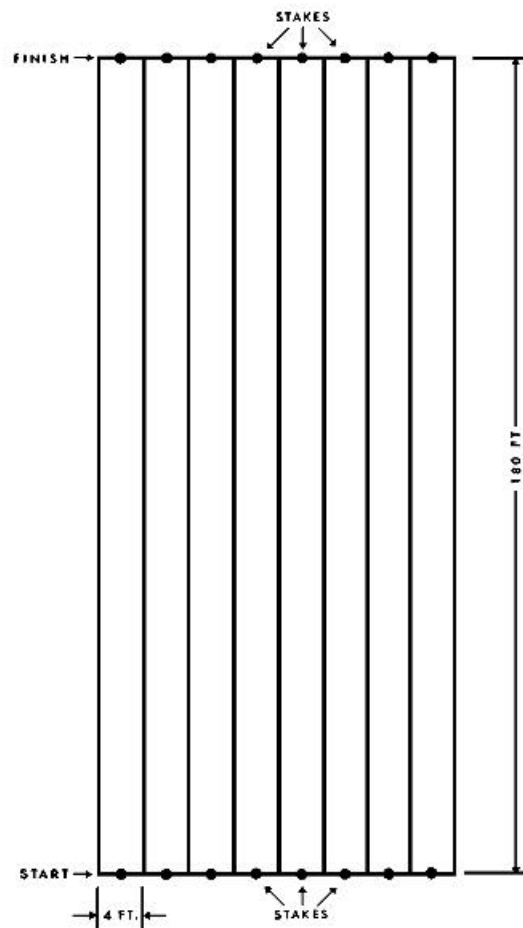
Administration and Scoring. Performer is given credit for each situp completed within the 2-minute period. No score is given if he unclasps his hand from his head, if he pushes up from his elbow, or if he keeps his knees bent while lying back on the ground. He is not penalized if the elbow misses the knee slightly. He must, however, sit up far enough so that the elbow almost touches the knee. Time should be announced every 20 seconds. At the end of 2 minutes, the timer calls: STOP and the judge counts the full number of situps completed before the stop command.

TEST 5: 300-YARD RUN

A course 60 yards long is laid out on flat level ground with lanes 4 feet wide for for each runner. Both ends of the course have cross-marks at right angles to the lanes. The cross-mark at one end serves as a starting line; the one at the other end, as a finish line. In the middle of the cross mark at either end of each lane is a stake which is at least 1½ feet high. If possible the lanes should be marked out in lime. If there are no lanes, it is recommended that the stakes be numbered or painted different colors. Each performer must run around his stake withouth grasping it.

Starting Position. Standing behind the starting mark in the lane with rear foot braced by another man's foot placed crossways behind it.

Movement. At the starting signal, run to the stake at the farther end of the lane. Run around the stake at the finish line. Then return and run around the stake at the starting line. Continue until five lengths of the course, or 300 yards have been run. Make each turn from right to left. The run will finish at the opposite end of the course from which it started.



Instructions. The men should be told to run about 9/10ths full speed, to run straight down the lane, to turn around the far stake from right to left without touching it, and to return running around the stakes one after another until they have traveled five full lengths. The men should also be instructed to walk around slowly for 3 or 4 minutes after completing the run. Recovery will be much more rapid if they walk than if they lie down.

Administration and Scoring. Each runner has one inspector, or judge, who stands at the finish line. The judge watches his runner to see that he makes the turns properly and observes all the rules. This inspector also holds the man's card and records his performance. A timekeeper stands on one of the lines in the middle of the course, 20 feet away from the finish line. The men are started by the starter with ordinary signals of: "Get on your mark; get set; go." Since the timer starts his watch by the "go", the starter should also use a hand signal.

When the first runner is about 30 yards away from the finish line, the timer begins to count the seconds aloud using "hup" for the half-seconds. For example, he counts "44, hup, 45, hup, 46, hup, 47, hup, 48, hup etc." The judge for each man listens to the count and at the same time watches his runner. He then records the last full second or half-second, which was counted

before the man reached the finish line. After the inspector records the time on the man's scorecard he returns the card to him.

TEST 5A: INDOOR SHUTTLE RUN

A course 25 yards long is laid out on the gymnasium floor with a lane 4 feet wide for each runner. The lanes should be marked on the floor with water-solvent coloring, chalk, paint or adhesive tape. Turning boards are placed at both ends of the course. Each turning board is placed at a 45° angle, facing inside the lane and toward the runner. The turning boards must be firmly braced and made of heavy material. They should be from 12 to 16 inches in width. The lower edges of the turning boards are flush with the end of the lines of the running area. The number of each lane will be painted on the face of its board.

Starting Position. Ready for a sprint start, with one foot braced against a turning board and the other foot and the hands extended into the lane.

Movement. On the starting signal, run to the turning board at the other end of the lane. Touch board with foot or feet. Turn and continue running until completing ten shuttle trips or laps (for a total of 250 yards). Touch the turning board at the end of each lap, except the final one. At the end of the final lap, the runner will continue across the turning board. Any footwork may be used in making the turn provided the foot or feet touch the turning board each time.

Instructions. Each runner must stay in his own lane. Any method may be used in making the turn, although it is recommended that the forward foot touch the block on the turn. In the event a runner falls or is hindered by another participant entering his lane during the progress of the run, he may be permitted to repeat the run later in the same period.

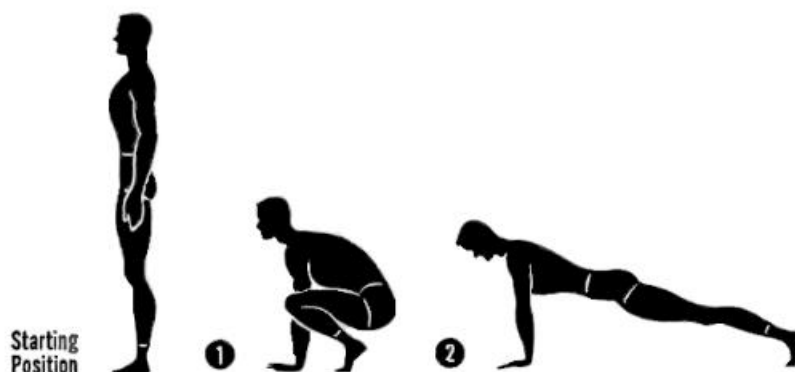
Administration and Scoring. This event is administered and scored as the 300-yard run. The time of the run is taken as the runner's body passes beyond the turning board on the final lap.

TEST 5A(1): 60 SECOND SQUAT THRUST

When it is not possible to employ the indoor shuttle run as a substitute for the 300-yard run the 60-second squat thrust should be used.

Starting Position. Attention.

Movement. Bend at knees and hips and, squatting down, place hands on ground shoulder width apart. Keep the elbows inside the knees. Thrust feet and legs backward to a front leaning rest



position. Keep body straight from head to heels. Support weight on hands and toes. Recover to the squatting position. Then recover to starting position.

Instructions. The men should be told that in executing this movement for speed the shoulders should be well ahead of the hands when the legs are thrust backwards. Extending the legs too far backward, so that the shoulders are behind the hands, makes it difficult to return to the original position with speed. On the preliminary practice, the performer is told he will score better if he does not make a full knee-bend, but bends his knees only to about a right angle; and that he should keep his arms straight. It is not a failure if he bends his arms but the performer will not be able to score as well.

Administration and Scoring. A score is given for the successful performance of each complete squat thrust. No score is given if: the feet start backward before the hands are placed on the ground; the hips are raised above the shoulder-heel line when the feet are back; or the performer does not fully recover to the erect position on the fourth count. The judge should not count aloud as this is apt to confuse other nearby judges. If the man is performing the event incorrectly, the judge should coach him, or stop him and have him repeat the test after more coaching.

VI. UNIFORMITY IN TESTING. The most important factor in test administration is uniformity. Otherwise, no reliance can be placed upon the results. If there are inconsistencies, the men soon recognize them and they will no longer put forth their best efforts. Hence, uniformity must be achieved in all of the following:

a. Judging and scoring the events. Unless all events are judged and scored in an identical manner, it is impossible to have confidence in the results. In order to secure complete uniformity in this regard, all judges and officials must be carefully trained. Participants should not be used to judge each other. There are often violations of proper form which no one but a trained judge can recognize. A trained judge is also more impartial than fellow participants.

The uniformity of judging and scoring will be in direct ratio to the time spent in training judges and scorers. Company officers and noncommissioned officers are usually best qualified for this job. The physical training officer should supervise the test very carefully to see that all judging and scoring is done uniformly.

b. Order in which the events are conducted. A true indication of the performance of the men cannot be obtained unless the test events are conducted in the same order for all the men. Fatigue from participation in certain events will markedly reduce performance in other events. For example, it would not be fair to compare the pullup records of two men, one of whom ran the 300-yard run immediately before doing the pullups, and the other of whom did not. It takes slightly longer to conduct the events so that all men will take them in the same order, but the extra time will be well justified. As soon as the first two squads of men have finished the pullups they should then proceed to the next station and begin squat jumps. After finishing the squat jumps, they proceed to the pushups and so on. Meanwhile the other squads follow in like manner. The whole company unit need not wait until all individuals have finished the first event before anyone starts the second event.

c. Motivation. Unless the men exert themselves fully, the results will not represent their true condition. All groups, therefore, should be uniformly motivated and every effort made to obtain the best performances of each individual.

d. Condition of the field areas, equipment and facilities. All conditions should be the same for the various groups taking the tests. Where at all possible the ground used for the run should be smooth and dry.

e. Activities prior to the hour of the test. On the day of the test, the activity immediately preceding the test should not be too vigorous. For example, men marching four miles to the test area, are at a disadvantage compared to men riding to the area. Those who stand guard the night previous to the test, will be somewhat handicapped. In the interest of uniformity all the testing should be done in the morning, or all in the afternoon. Testing on Mondays or on the day after pay day should be avoided.

f. Wearing apparel. All men should wear similar clothing. This is particularly important with regard to shoes. It is permissible to remove shirts when climatic conditions warrant.

VII. ADMINISTRATION OF TESTS.

a. As the men come to the testing area, each should be given his score card, the heading of which should have been filled out previously. These cards are carried by the men throughout the test and collected at its conclusion. The men should be cautioned to protect the cards and avoid bending or tearing them. The official in each event scores the man's card and returns it to him.

b. All five events should be completed in one test period. All men take the test events in the same order. Before, beginning an event, the officer-in-charge demonstrates and explains the proper form and states the scoring procedure. Whatever form is followed must be consistent for all groups in the same organization.

c. The officials should be well trained in advance of the test. They should appear in khaki to contrast with the men being tested. Six commissioned officers and 30 noncommissioned officers can administer the test battery in paragraph III to 300 men in 2 hours. For more or fewer men, the number of officials can be proportionately greater or smaller.

d. The following equipment is needed to administer the test:

(1) Score Cards. These should be made of cardboard.

(2) Watches. Two stop watches or sweep second-hand watches.

(3) Stakes. Two stakes for each lane for the 300-yard run. (As many as 20 men may run at one time.)

(4) Chinning bars. 7 feet 9 inches, to 8 feet high. Smooth wooden bars are satisfactory. The bars should be fastened on the posts so they cannot turn. There should be room for at least 6 men to pullup for each 100 men tested at one time. Blocks attached to the uprights, 2 feet from the ground will enable short men to reach the bar easily.

(5) Pencils. All judges should have pencils.

(6) Lime Marker. There should be a lime marker for marking out the starting and finishing lines for the 300-yard run and, if possible, the lanes.

VIII. SCORING TABLES.

a. Tables have been devised for scoring the test events in paragraph III. These tables make it possible to determine each man's total score. It is obviously impossible to combine the number of pullups, the number of squat thrusts, the number of pushups, etc. for a total score. These scoring tables are derived statistically. The data from which these scoring tables were derived were based upon the performance of troops in good physical condition. The mean or average score is 50 points and the range is from 0 to 100 points. Thus a score of 50 represents the average score of individuals in good physical condition. Not more than 1 percent of a well-conditioned unit will score above 100. Not more than 1 percent of a well-conditioned unit fails to score at all.

b. In addition to their value in determining a man's total score, the scoring tables provide a powerful motivating device. The competitive spirit of the men is aroused because they want to make the highest total score and to surpass their friends. Further, since 50 represents the average score of well-conditioned troops, the point score gives each man a means of comparing his own performance with established norms.

IX. ADJUSTMENT FOR AGE. All combat troops should endeavor to achieve a high standard of physical fitness regardless of age-for military combat takes no cognizance of age. However, for the purpose of scoring, the standards tend to drop one point for each year beyond 30. Thus, a score of 50 (Scoring Table) made by a man of 40 is equivalent to a score of 60 made by a man of 30 or younger.

PHYSICAL FITNESS TEST SCORING TABLE

POINTS	PULL UPS	SQUAT JUMPS	PUSH UPS	SITUPS	300 YDS	SHUTTLE RUN	SQUAT THRUST	POINTS	CAT
100	20	75	54	79	44	41	41	100	EXCELLENT
99		74						99	
98	19	73	53	78			40	98	
97		72	52	77		41.5		97	
96	18	71			44.5			96	
95		70	51	76				95	
94		69				42		94	
93	17	68	50	75			39	93	
92		67		74	45			92	
91		66	49	73				91	
90	16	65	48	72				90	
89		64				42.5	38	89	
88		63	47	71	45.5			88	
87	15	62	46	70				87	
86		61	45					86	
85		60	44	69	46		37	85	
84		59				43		84	
83	14	58	43	68				83	
82		57	67					82	
81		56	42		46.5			81	
80		55		66			36	80	
79	13		41	65		43.5		79	
78		54		64	47			78	
77		53	40					77	
76		52		63			35	76	
75		51	39	62				75	
74	12	50			47.5	44		74	GOOD
73		49	38	61				73	
72		48		60			34	72	
71			37		48			71	
70		47		59		44.5		70	
69	11		36					69	
68		46		58	48.5			68	
67		45	35	57			33	67	
66		44				45		66	
65		43	34	56	49			65	
64	10			55				64	
63		42	33				32	63	
62		41		54	49.5	45.5		62	
61			32	53				61	
60		40						60	
59		39	31	52	50		31	59	
58	9			51		46		58	FAIR
57		38	30					57	
56				50	50.5			56	
55		37	29	49			30	55	
54						46.5		54	
53		36		48	51			53	
52	8	35	28	47				52	
51							29	51	

PHYSICAL FITNESS TEST SCORING TABLE

POINTS	PULL UPS	SQUAT JUMPS	PUSH UPS	SITUPS	300 YDS	SHUTTLE RUN	SQUAT THRUST	POINTS	CAT
50		34		46	51.5	47		50	FAIR
49								49	
48		33	27	45				48	
47				44	52		28	47	
46	7	32				47.5		46	
45			26	43				45	
44		31			52.5			44	
43				42		48	27	43	
42		30	25	41				42	POOR
41					53			41	
40	6	29		40			26	40	
39			24			48.5		39	
38				39	53.5			38	
37		28						37	
36			23	38		49	25	36	
35		27			54			35	
34			22	37				34	
33	5					49.5		33	
32		26		36	54.5		24	32	
31			21					31	
30		25		35	55			30	
29						50		29	
28				34			23	28	
27		24	20		55.5			27	VERY POOR
26	4			33		50.5		26	
25		23			56		22	25	
24			19	32				24	
23						51		23	
22		22		31	56.5		21	22	
21			18					21	
20				30	57	51.5		20	
19	3	21						19	
18			17			52	20	18	
17				29	57.5			17	
16		20						16	
15				28	58	52.5	19	15	
14			16					14	
13		19		27		53		13	
12					58.5		18	12	
11	2					53.5		11	
10			15	26	59			10	
9		18				54		9	
8				25	59.5		17	8	
7						54.5		7	
6			14	24	60			6	
5		17				55	16	5	
4					60.5	55.5		4	
3				23				3	
2	1		13		61	56	15	2	
1		16		22		56.5		1	